



# ShipShape

## Weight Management *eNews* | Summer 2015



### Program Manager's Note

Since the revitalized ShipShape Program launched this Spring, we certified over 225 ShipShape Program Facilitators who are now administering the program at local medical treatment facilities (MTFs) and clinics, shipboard commands, and other ashore facilities world-wide.

At this point, many of you may have completed a full cycle of the ShipShape Program. We want to take this opportunity to remind you how important it is to follow-up with participants during the six month follow-up period. As facilitators, it's your responsibility to touch base with participants during each of the follow-up stages to offer support and encouragement. NMCPHC wants to make it easy for you to follow-up with participants and save you valuable time. Therefore, we developed the ShipShape Program Facilitator Follow-Up Guide, which is supplemented with six pre-written follow-up emails that can be customized to meet your needs, and the ShipShape Program Participant Follow-Up Guide, which you provide to participants as a tool to help them stay on track. All of the materials, including the pre-written emails for each of the six months of follow-up support, are accessible via the **ShipShape Program Facilitators Group** on milSuite. These are located in the ShipShape Program Follow-Up folder. Please note the materials are CAC-enabled.

In the coming months, we will be administering a survey to solicit facilitator feedback. As always, your feedback is vital to the continued growth and improvement of the ShipShape Program, so stay tuned!

Check out the **ShipShape Program website** for information on the program, and feel free to reach out to me directly with any questions at [sally.j.vickers.civ@mail.mil](mailto:sally.j.vickers.civ@mail.mil).

V/r,

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### GET READY. GET FIT. GET HEALTHY.

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### Stay Connected to the ShipShape Program!

Visit our **website**, subscribe to the **newsletter**, and always feel free to **contact us** directly. You can also engage with the program manager and other facilitators on the **ShipShape Program milSuite group**!





## Nutrition

### Introducing Nutri-Facts!

NMCPHC is excited to announce the release of our new “Nutri-Facts” series. Nutri-Facts is a series of printable, informational fact sheets that help take the guesswork out of healthy eating and proper nutrition. The series addresses a variety of nutrition and weight management topics that you can share with ShipShape Program participants to help them make informed food choices that will nourish their body and maintain a healthy lifestyle.



Nutri-Facts cover the following topics:

- ▶ **Nutrient Overview**
- ▶ **Vitamins and Minerals**
- ▶ **Phytonutrients**
- ▶ **Calcium**
- ▶ **Cholesterol**
- ▶ **Supplements**
- ▶ **Weight Management**
- ▶ **Body Mass Index (BMI)**

Access and download the new **Nutri-Facts materials** and share them with your ShipShape Program group today!

## Body

### Stay Fit and Healthy Anywhere with the NOFFS Mobile Apps!

The Navy Operational Fitness and Fueling System (NOFFS) from Commander, Navy Installations Command (CNIC) launched three workout series apps for the iPhone, iPad, iPod Touch, or Android devices. These high-intensity programs include the “Strength,” “Endurance,” and “Sandbag” series that provide Sailors with a “best-in-class” physical fitness and nutrition program.

- ▶ **The “Strength” series** assists with developing the strength needed to perform at your highest level, and includes three training phases intended to progressively build your total work capacity and improve cardiovascular fitness.
- ▶ **The “Endurance” series** provides workouts designed to assist with breaking through training plateaus while decreasing injuries often associated with traditional endurance training.
- ▶ **The “Sandbag” series** provides training that can be performed in environments with limited equipment options and assists with the development of the strength and power needed to meet the performance demands placed upon you in any environment.



- ▶ **The “Operational” series** includes a sequence of images, exercise descriptions, sets, reps, and durations. This series meets the needs of four distinct groups: Submarine Series, Surface Ship Series, Large Deck Series, and Group Training Series.

Additionally, the NOFFS program developed the “Regeneration” series, which is currently accessible via your desktop or laptop.

- ▶ **The “Regeneration” series** helps facilitate recovery and helps bring balance back to the body and enhance the body’s response to the training stimulus.

Encourage ShipShape Program participants to download the free apps on their smart phone or tablet by simply searching “NOFFS” in their device’s app store, and let them know about the “Regeneration” series that is available via desktop or laptop as well as on the NOFFS app.

Visit NMCPHC’s **Active Living campaign page** for additional resources to help keep participants active so that they can be at their prime physically, psychologically, and operationally.





**GET READY.  
GET FIT.  
GET HEALTHY.**



## Mind

### The Importance of Sleep

Sleep is vital to the overall health and wellness of our Sailors and Marines. While sleep problems are common, they can lead to health issues if they go unaddressed.

The experts at the National Sleep Foundation say that insufficient sleep can take a toll on energy, mood, and ability to function during the day. They also state that it can lead to poor reaction times, drowsiness while operating a motor vehicle or machinery, poor decision making, and vulnerability to illness due to a compromised immune system. Share the tips<sup>1</sup> below with your ShipShape Program participants to help them improve their sleep.

- ▶ Establish a **nightly ritual and routine**, such as dimming the lights, brushing your teeth, and washing your face to train your body and mind that it is time to rest. Further, try to go to bed at the **same time** every night.
- ▶ Steer clear of both **caffeine and alcohol** several hours before bedtime, as these stimulants can interfere with and disrupt sleep.
- ▶ If you have worries or feel stressed about the day's events, deadlines, etc. try to **allow yourself to let go** of it for now, perhaps by writing it down, and **commit to solving the problem tomorrow**. Forget about your worries and focus on falling asleep – there will always be tomorrow!
- ▶ If possible, **take a power nap** when you feel fatigued or tired during the day. Make sure you take short naps (~10-30 minutes) and avoid taking long naps, as long naps can disrupt your established sleep patterns.

For information, tools, and resources on sleep, visits NMCPHC's Psychological and Emotional Well-being **Sleep Web page**.



## Weight Management in the News

Healthy eating and weight management go hand in hand. We know that eating fruits and vegetables reduces the risk of heart disease, high blood pressure, stroke, and even some cancers. However, did you know that they are also a key component of weight management? This is because fruits and vegetables hold many key nutrients that keep the human body running efficiently.

According to a recent study sponsored by the Centers for Disease Control and Prevention (CDC), only 13.1 percent of Americans are eating the recommended one to one-and-a-half cups of fruit every day, and just 8.9 percent are eating two to three cups of vegetables, as recommended.<sup>2</sup>

Talk to ShipShape Program participants about the importance of incorporating more fruits and vegetables into their diet. Check out NMCPHC's **Healthy Eating** and **Weight Management** campaigns, and our **Fruits and Vegetables Toolbox** for an array of helpful tools and resources.



## ShipShape Program News

NMCPHC officially launched the revitalized *Relax Relax* website! The site was enhanced to aid Sailors and Marines in reducing stress and strain through a suite of deep relaxation and focus-based exercises that are set to audio tracks. The audio tracks and relaxation techniques serve as a tool to ease psychological and physical wear and tear and enhance readiness of Sailors and Marines.

The new *Relax Relax* site now offers an enhanced user experience through increased functionality and improved navigation. It has also been optimized for use by both low and high bandwidth users. Users with slower Internet connection speeds, such as Sailors and Marines who are deployed, are able to access relaxation audio tracks individually. Users with high-speed Internet can use embedded media players to listen to each exercise, enabling instant access.

Encourage ShipShape Program participants to check out the redesigned **Relax Relax website!**

For questions about *Relax Relax*, email us at: [usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-relax@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-relax@mail.mil).

*This is a publication of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department. It provides the ShipShape Program community with information and resources that promote Mind, Body, Nutrition, and Weight Management. The content focuses on the fundamental components of the ShipShape Program: mindset, nutrition, and physical activity. It also provides ShipShape Program Facilitators with important program news, announcements, and key dates and events.*

*Unless otherwise noted, all photos are used with the permission of the photographer and have been released for use in the public domain.*

<sup>1</sup> National Sleep Foundation. Healthy Sleep Tips. <http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>. Accessed July 2015.

<sup>2</sup> Moore, L., Thompson, F. Adults Meeting Fruit and Vegetable Intake Recommendations. Centers for Disease Control and Prevention (CDC), Morbidity and Mortality Weekly Report (MMWR). 64(26);709-713. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6426a1.htm>. Accessed 14 June 2015.